

What to Expect from the Vermont State Employees Flu Clinics

Frequently Asked Questions for Vermont State Employees



What should I bring to the flu clinic?

Be sure to bring a completed signed copy of the flu release form. If you are covered by CIGNA and/or Medicare, please bring your health insurance card(s) for verification. Also, remember to wear a short sleeve shirt so that the nurse will have easy access to your upper arm.

Walk-ins will only be accommodated if they have verification of state employment (state identification card, check stub, pension statement) and their CIGNA/Medicare insurance card (if applicable).

Will other people have the same appointment time as me?

Yes, multiple people will have the same appointment time as you. It should about 15 minutes to complete the process and there will be more than one nurse vaccinating at the same time. Please come for your scheduled appointment time to avoid overcrowding. If you come early, be aware that no vaccinations will be given prior to the advertised start of the clinic and prior appointments to yours will be given priority.

Will you accept walk ins?

Yes, but **scheduled appointments will have priority**. We cannot guarantee that there will be time or vaccine available for walk-ins on any given day. If you choose to walk in, there may be a long wait time or you may be asked to come back at another time. Walk-ins must have and proof of eligibility (State ID, pension statement, check stub) and their insurance card (Medicare, CIGNA), if applicable.

What if I am sick on the day of my appointment?

If you are sick with a fever on your scheduled appointment day, you should talk to your health care provider about whether to get your shot or reschedule, as the vaccination may be less effective. However, you can get a flu shot if you have a respiratory illness without fever or another mild illness.

Will I be asked to wait after my shot?

Individuals who have had a flu shot before will not be required to wait. Participants who are receiving the flu shot for the first time will be asked to wait for 10-15 minutes. Clinic nurses are well-trained to respond to an adverse reaction and will have appropriate aids available.

What else can I do to protect myself and others against seasonal flu?

- When you cough or sneeze, cover your nose and mouth with a tissue or upper sleeve (not your hands). If you use a tissue, throw the tissue in the trash after you use it.
- Wash your hands often for approximately 20 seconds with soap and warm water. Alcohol-based hand cleaners are also effective. It is especially important to wash your hands after you cough or sneeze, when dealing with food or after using the bathroom.
- If you get sick, stay home to avoid spreading illness in your workplace.

Want more information?

All forms and further information are available on the Vermont State Employees' Wellness Program website at: <http://www.vermontpersonnel.org/employee/wellness.php>. Call us at 802-241-1535 or email us at: DHR-EmpWellness@state.vt.us. To learn more about flu, contact the Vermont State Department of Health at: 1-800-464-4343 or <http://health.vermont/prevent/flu> or visit: www.cdc.gov/flu.